

## 2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 16: Servings of Each Milk Product (Milk, Cheese, Yogurt, and Dairy Desserts) Consumed by California Adolescents (N=1,211)**

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings <sup>1</sup> of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
<b>Total</b>	<b>3.2</b>	<b>1.7</b>	<b>0.9</b>	<b>0.5</b>
<b>Gender</b>				
Male	3.4 ***	1.9 ***	0.9	0.6
Female	2.9	1.5	0.9	0.5
<b>Ethnicity</b>				
White	3.5 <sup>a</sup> ***	2.0 <sup>a</sup> ***	1.0 <sup>b</sup> ***	0.5
African American	3.5 <sup>ab</sup>	1.4 <sup>b</sup>	1.5 <sup>c</sup>	0.7
Latino	3.0 <sup>bc</sup>	1.6 <sup>b</sup>	0.8 <sup>a</sup>	0.6
Asian/Other	2.6 <sup>c</sup>	1.5 <sup>b</sup>	0.6 <sup>a</sup>	0.5
<b>Gender by Age</b>				
<b>Male</b>				
12-13	3.2	1.9	0.8 <sup>a</sup> *	0.5
14-15	3.6	2.0	1.0 <sup>b</sup>	0.6
16-17	3.3	1.8	0.9 <sup>ab</sup>	0.6
<b>Female</b>				
12-13	3.6 <sup>b</sup> ***	1.8 <sup>a</sup> ***	1.1 <sup>a</sup> *	0.7 <sup>b</sup> ***
14-15	2.6 <sup>a</sup>	1.3 <sup>b</sup>	0.7 <sup>b</sup>	0.5 <sup>a</sup>
16-17	2.7 <sup>a</sup>	1.5 <sup>ab</sup>	0.9 <sup>ab</sup>	0.4 <sup>a</sup>
<b>Income</b>				
<\$15,000	2.8 <sup>a</sup> ***	1.5 <sup>a</sup> ***	0.8 <sup>a</sup> *	0.6
\$15,000 - \$24,999	3.0 <sup>ab</sup>	1.5 <sup>a</sup>	0.9 <sup>a</sup>	0.5
\$25,000 - \$34,999	3.4 <sup>ab</sup>	1.8 <sup>ab</sup>	1.0 <sup>a</sup>	0.6
\$35,000 - \$49,999	3.0 <sup>ab</sup>	1.6 <sup>ab</sup>	0.8 <sup>a</sup>	0.6
\$50,000 - \$74,999	2.8 <sup>a</sup>	1.5 <sup>a</sup>	0.7 <sup>a</sup>	0.5
≥ \$75,000	3.5 <sup>b</sup>	2.0 <sup>b</sup>	1.0 <sup>a</sup>	0.6
<b>CalFresh Status, % FPL<sup>2</sup></b>				
Participant	2.9 <sup>a</sup> *	1.5 <sup>a</sup> **	0.8	0.6
Likely Eligible ≤ 130%	3.1 <sup>ab</sup>	1.7 <sup>ab</sup>	0.9	0.5
Not Eligible > 185%	3.4 <sup>b</sup>	1.9 <sup>b</sup>	1.0	0.5
<b>Smoking Status</b>				
Non-Smoker	3.2	1.7	0.9	0.6
Smoker	3.1	1.9	0.8	0.4
<b>Physical Activity Status</b>				
Regular	3.4 ***	1.8 *	1.0 **	0.6 **
Irregular	2.9	1.6	0.8	0.5
<b>Overweight Status</b>				
Not Overweight	3.2	1.7	0.9	0.5
Overweight/Obese	3.1	1.7	0.8	0.5

<sup>1</sup>Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other

(Tukeys test at a procedure-wise error rate=.05).

ANOVA: \* p<.05, \*\* p<.01, \*\*\* p<.001

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**Table 17: Total Servings of Milk and Milk Products (Cheese, Yogurt and Dairy Desserts) Consumed by California Adolescents (N=1,215)**

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Servings <sup>1</sup> of Milk and Milk Products Reported Yesterday, Percent of Adolescents		
	0	1-2	3+
<b>Total</b>	<b>15.3</b>	<b>63.7</b>	<b>21.0</b>
<b>Gender</b>			
Male	11.9	62.1	26.0
Female	19.0	65.3	15.8
<b>Ethnicity</b>			
White	15.0	55.3	29.7
African American	21.6	68.7	9.6
Latino	13.0	68.9	18.1
Asian/Other	19.4	68.8	11.8
<b>Gender by Age</b>			
<b>Male</b>			
12-13	11.0	64.3	24.7
14-15	9.7	59.8	30.5
16-17	15.5	62.8	21.8
<b>Female</b>			
12-13	9.4	68.0	22.7
14-15	20.8	66.6	12.6
16-17	26.4	60.6	13.0
<b>Income</b>			
<\$15,000	18.4	66.1	15.5
\$15,000 - \$24,999	13.4	72.5	14.2
\$25,000 - \$34,999	10.8	72.1	17.1
\$35,000 - \$49,999	16.5	61.0	22.5
\$50,000 - \$74,999	12.5	73.6	13.9
≥ \$75,000	15.1	56.5	28.4
<b>CalFresh Status, % FPL<sup>2</sup></b>			
Participant	17.7	64.2	18.0
Likely Eligible ≤ 130%	12.9	71.7	15.4
Not Eligible > 185%	15.4	59.5	25.1
<b>Smoking Status</b>			
Non-Smoker	15.2	64.2	20.6
Smoker	17.5	55.6	26.9
<b>Physical Activity Status</b>			
Regular	13.2	65.3	21.5
Irregular	18.8	61.0	20.2
<b>Overweight Status</b>			
Not Overweight	15.7	62.5	21.8
Overweight/Obese	14.7	65.1	20.2

<sup>1</sup>Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

<sup>2</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

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Table 18: Type of Milk Consumed by California Adolescents (N=995)

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, Percent Out of All Milk Drinkers			
	Nonfat	1%	2%	Whole
<b>Total</b>	<b>20.5</b>	<b>21.3</b>	<b>40.1</b>	<b>18.1</b>
<b>Gender</b>				
Male	22.1	19.3	40.7	17.9
Female	18.6	23.6	39.3	18.5
<b>Ethnicity</b>				
White	19.7	23.6	41.0	15.7
African American	22.9	11.0	36.3	29.7
Latino	19.7	20.7	41.2	18.3
Asian/Other	23.8	21.7	35.7	18.8
<b>Gender by Age</b>				
<b>Male</b>				
12-13	26.6	26.4	30.8	16.2
14-15	20.1	16.7	41.4	21.8
16-17	19.9	15.5	50.2	14.4
<b>Female</b>				
12-13	16.6	31.6	40.6	11.2
14-15	17.0	15.0	45.2	22.8
16-17	24.1	26.9	27.4	21.5
<b>Income</b>				
<\$15,000	17.4	18.6	34.0	30.0
\$15,000 - \$24,999	16.4	22.8	43.5	17.4
\$25,000 - \$34,999	15.4	11.1	47.4	26.1
\$35,000 - \$49,999	15.4	23.6	40.0	20.9
\$50,000 - \$74,999	17.0	32.0	31.3	19.7
≥ \$75,000	27.6	22.0	41.3	9.2
<b>CalFresh Status, % FPL<sup>1</sup></b>				
Participant	14.7	22.0	35.5	27.8
Not Eligible > 185%	18.5	19.0	43.1	19.5
Not Eligible > 185%	25.6	23.8	39.0	11.6
<b>Smoking Status</b>				
Non-Smoker	20.2	21.6	40.6	17.7
Smoker	25.2	17.0	31.7	26.1
<b>Physical Activity Status</b>				
Regular	21.6	19.2	41.8	17.4
Irregular	18.5	25.1	37.0	19.4
<b>Overweight Status</b>				
Not Overweight	20.8	20.1	42.3	16.8
Overweight/Obese	16.8	23.7	38.2	21.4

<sup>1</sup>Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to total due to rounding Numbers were rounded to the nearest tenth of a serving.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001

**2010 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed (N=1,201)**

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

Servings of Milk Products Believed to Be Needed	Percent of Adolescents	Servings of Milk Products Consumed <sup>1</sup> , Percent of Adolescents	
		0-2	3+
0-2	33.8	61.7	38.3
3+	66.2	36.1	63.9

\*\*\*

<sup>1</sup>Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: \* p<.05, \*\* p<.01, \*\*\* p<.001